

Analysis on Strengthening Colleges and Universities Psychological Education in Education in Ideology and Politics

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Abstract: With the continuous progress of the times, it has brought various pressures to the psychology of college and university students nowadays. The problem of mental health requires the active attention of teachers and strengthening of colleges and universities psychological education, so that their mental health can develop healthily during school. Through education in ideology and politics and psychological education, we should grow into all-round talents with comprehensive quality. In psychoeducation, we should combine the psychological characteristics and various aspects of students in school, carefully analyze the problems existing in psychological education, and adopt targeted education methods.

1. Introduction

Colleges and universities education in ideology and politics is the guiding direction of psychological education, which can promote the healthy development of students' physical and mental health. Education in ideology and politics is very important for students' comprehensive quality development. Colleges and universities should strengthen this aspect and pay attention to students psychological education, it can help to get rid of psychological difficulties, re-establish correct life goals and values, and cultivate talents with comprehensive moral, physical and intellectual skills for the society.

2. Strengthening Psychological Education According to the Corresponding Psychological Characteristics

Colleges and universities students are at an important critical stage in the growth of their whole life. A healthy psychology is an important foundation for moral concepts. Students in colleges and universities are relatively lack all aspects of experience. This requires colleges and universities teachers to help them through education in ideology and politics. It establishes a healthy psychology to further improve the rank of ideology and morality. Students in college should also understand the society in advance as soon as possible, slowly adapt and integrate into the society. Face to complex

environments, they must be flexible and calm. By strengthening psychological education, we can correctly re-cognize ourselves and society, so as to form a correct attitude towards life, which is also a good impact on education in ideology and politics. To impart professional knowledge to help psychological counseling, to impactively improve psychological education, and to improve psychologically are the main part of psychological education^[1].

In colleges and universities education in ideology and politics, it is necessary to deeply understand and explore the psychological conditions and psychological characteristics of the students. The education in ideology and politics should be impactive, it depends on the understanding and acceptance of the students. The important condition is the psychological structure of the students, and the cultivation of the psychological structure is inseparable from the strengthening of psychological education. In the teaching activities of education in ideology and politics, it is necessary to impactively grasp the characteristics of different college students and combine the real thoughts. Only in this way can the purpose of education be achieved. Only through education in ideology and politics can it conform to the laws of ideological, political and psychological development and change of students in school. Understanding and mastering these can carry out education and guidance in a targeted manner according to teaching methods, cultivate a positive and healthy psychology, and then improve the good quality of comprehensive ideological and political. In the teaching process of education in ideology and politics in colleges and universities, we should pay attention to increasing the content of psychological counseling and education. Continuously strengthen the strength of psychological counseling, innovate the content of psychological teaching or the content of the courses used in teaching, to combine the actual psychological needs of students in school, and to be close to life and learning. Through the teaching and promotion of relevant course content, students can systematically learn the knowledge of psychology, independently think about the characteristics and laws of psychological development, and be able to carry out psychological management freely^[2]. From the perspective of the characteristics of colleges and universities psychological education, it is very necessary to increase the content of psychological education during the development of psychological education, so that the selection of content and teaching time can be guaranteed in the development of teaching, ensuring to achieve good results in strengthening psychological education, formulating good teaching content is an important problem that needs to be faced in strengthening psychological education at present, and it is the key factor to whether a good impact can be achieved. The importance of strengthening psychological education is clearly defined. Strengthening the work of psychological education according to the requirements and characteristics of psychological education plays an important role in the whole education in ideology and politics. Therefore, it is necessary to strengthen the content in the work of psychological education and formulate targeted teaching plans, which is also helpful for teaching. It is of great significance and has a positive impact on the psychological education of school students^[3].

3. Carrying Out Impactive Psychological Counseling

Carrying out impactive psychological counseling in education in ideology and politics can cure the psychological problems of school students. It is necessary to flexibly use some relevant knowledge content of psychology, make good use of multimedia language, video animation, the cognitive or psychological aspects of the psychological counseling of school students have been transformed, and then different psychological problems encountered are dealt with. Through the routineization of psychological counseling, the psychological quality of the counselor can be enhanced and the psychological state can be restored to a healthy level. However, the work of psychological counseling requires very high professional knowledge. This is also a complex job. At

present, most students in school have more or less psychological problems. It is very necessary for students to receive psychological counseling in a timely manner and to correct and improve through psychological counseling. Therefore, the normalization of psychological counseling is also a very necessary work. Impactive development can further improve the pertinence of education in ideology and politics. Generally speaking, through psychological counseling, students with positive mental health and positive thoughts will cherish this good situation. It will also continuously improve and make better their ideological cognition, make their psychology more mature, and gradually improve themselves in all aspects. The development of psychological counseling can supplement education in ideology and politics and cultivate the noble ideological and moral character of school students^[4]. Today, with the Internet development, it provides information-based means for education in ideology and politics development in colleges and universities, and also opens up favorable work channels for teaching. In order to take advantage of the information technology, it is necessary to establish a network system for education in ideology and politics and strengthen psychological teaching in order to integrate the content of psychological teaching into it^[5].

4. Building a Professional Education Team

Compared with those who have entered the society, college students psychological development is fully mature, and the psychological development speed is slower due to the influence of the environment. In addition, colleges and universities should notice the psychological health education of students. And teaching level is the quality of teaching that directly affects the level of education, which puts forward high requirements for teachers' professionalism. Moreover, the ideological and morality of teachers related to psychological education and their sense of responsibility for work must also meet the requirements of psychological education. For most colleges and universities, general education in ideology and politics teachers do not have psychological teaching skills, which has caused psychological education has low quality of education in ideology and politics, directly affects the impact of education in ideology and politics. Therefore, the current problem is that we need to build a professional team of teachers and actively introduce professional teachers with psychology majors or backgrounds. Colleges and universities also need to organize teachers regularly learning, training and other methods simultaneously, improve their professional knowledge constantly and improve the professionalism of teachers and the quality of teaching skills, to ensure the impactive psychological education development, and to make sure that they are proficient in psychological theories and some professional knowledge and related psychological counselling skills, from a mental health perspective, should be sought from a mental health perspective when solving ideological problems of school students, so that education in ideology and politics work is more in line with the physical and mental characteristics of school students, and psychological education should be strengthened^[6].

5. Conclusions

To sum up, under the background of education in ideology and politics, colleges and universities need to pay more attention to psychological education, and in the process of carrying out education in ideology and politics and strengthening psychological education, they need to constantly create new educational ideas, and combine the two with each other, which is more conducive to improve college students' overall quality. A healthy psychology is necessary to promote the comprehensive healthy development in the school, or to enter the society and adapt to the future society.

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